

# UCR

## UC Riverside Healthy Campus Initiative

*Presented by:*

Julie Chobdee, MPH,  
Wellness Program Coordinator  
UCR Human Resources

## Move More for 3-4

*Feel free to stand, move and stretch!*

**MOVE  
MORE**

**FOR 3 TO 4**



# UCR Healthy Campus Initiative

***“The UCR Healthy Campus Initiative is a comprehensive approach to elevate health and well-being at UCR. We are committed to the health of our faculty, staff, and students and embrace an environment that both supports and encourages the health and well-being of our campus community.”***

**—Kim A. Wilcox, Chancellor**

# Leadership Team



## Senior Leader Wellness Champion

Ron T. Coley, Vice Chancellor  
*Business and Administrative Services*



## Co-Chair

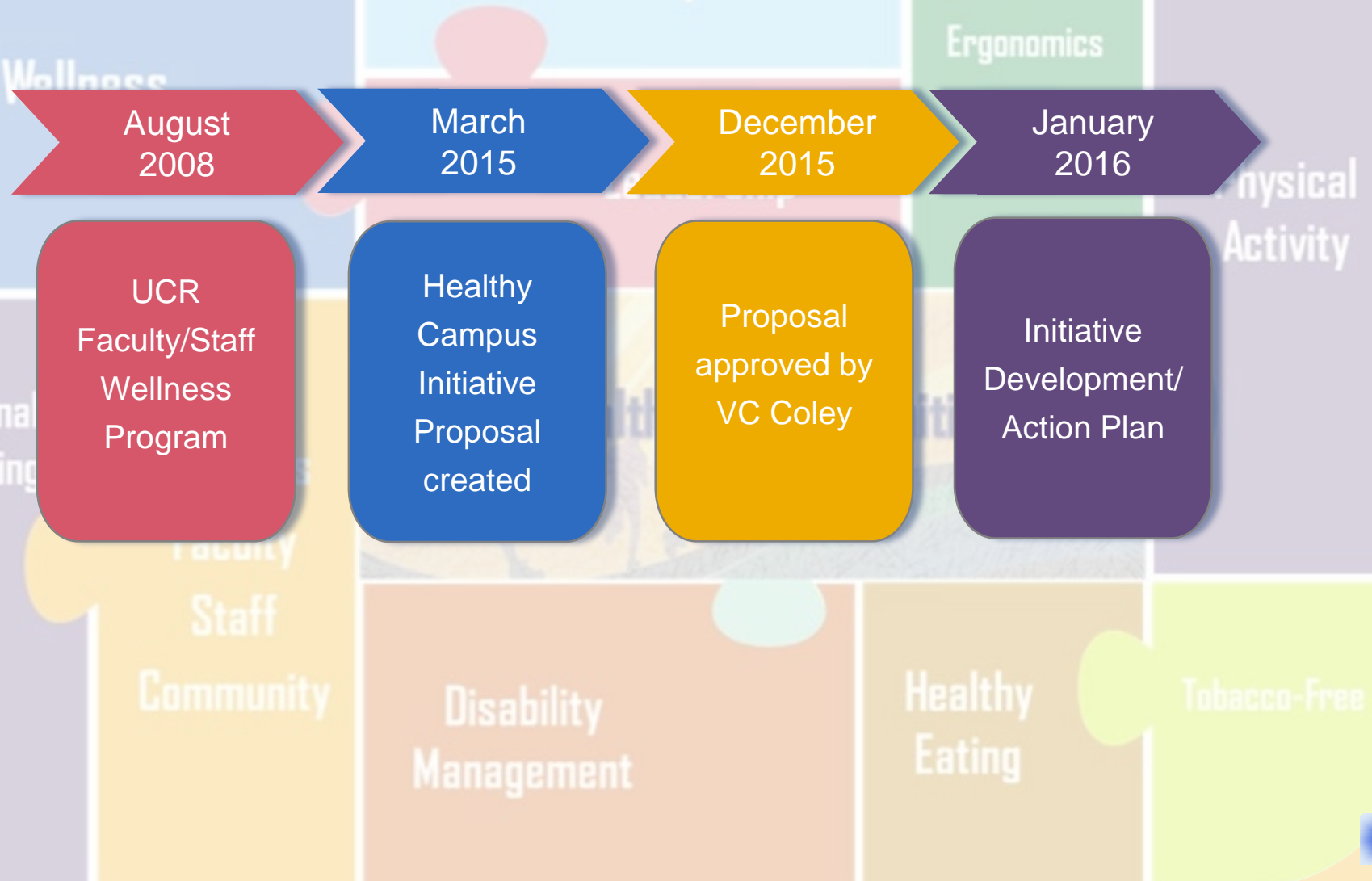
Dr. Yi-Pin Cheng  
*Assistant Clinical Professor – Family Medicine,  
UCR School of Medicine*



## Co-Chair

Julie Chobdee, MPH  
*Wellness Program Coordinator  
UCR Human Resources*

# History/Timeline





# Why?

## Wellness

- > Collaborative partnership
- > Unified goal of improving health, productivity, engagement, and creating a culture of wellness where UCR faculty, staff, and students live, work and learn
- > All-encompassing Healthy Campus Initiative that provides a framework to bring health and well-being to all aspects of UCR and creates a community where health is a priority

# Why?

The Healthy Campus Initiative will bring about a culture shift towards health and well-being as evidenced in our physical environment, curriculum, practices, policies, and educational opportunities as we embark on the development of a comprehensive health and well-being framework for UCR.

# Where We Are Headed

## Health Promotion/Wellness Programs

- Culture of Health
- Built Environment
- Policies, Practices, Infrastructure

## Silos

- Collaboration
- Partnership
- Resource Network

## Faculty/Staff And Students

- One Healthy Campus

Physical Activity

Tobacco-Free



# Description

- > An integrated and comprehensive approach to elevate health and well-being at UCR
- > The initiative invest in improving the health and quality of life of our UCR campus community

Workers' Compensation

Ergonomics

Physical Activity

UCR Healthy Campus Initiative

Students  
Faculty  
Staff  
Community

Disability  
Management

Healthy  
Eating

Tobacco-Free

# Making the Healthy Choice, *the Easy Choice*

## *Requires*

- > Changing the environment and culture to support and sustain a healthy campus
- > Achieved through individual risk-reduction programs coupled with environmental support for healthy behavior



Well Within Reach  
Healthy Vending  
Machine Program

TREASURE HUNT & PRIZE RAFFLES

April 18 - May 18



# What is a Healthy Culture

- > In a culture of health, personal well-being and organizational success are inextricably linked
- > It aligns leadership, benefits, policies, incentives, programs and environmental supports to reduce barriers to active engagement and sustainability of healthy lifestyles across the healthcare continuum

**UCR Walk & Talk with Leadership Series**





# Partnership with a Purpose

Creating partnerships with staff, faculty, students and community partners to develop, implement and institutionalize system wide policies and environments essential for sustainable behavior change.

*Spring Produce!*

**Join FarmShare at UCR:  
It's more than a menu, it's a mission.**

Support local farms and make our community more sustainable, just by eating the freshest & most delicious produce you've ever tasted!

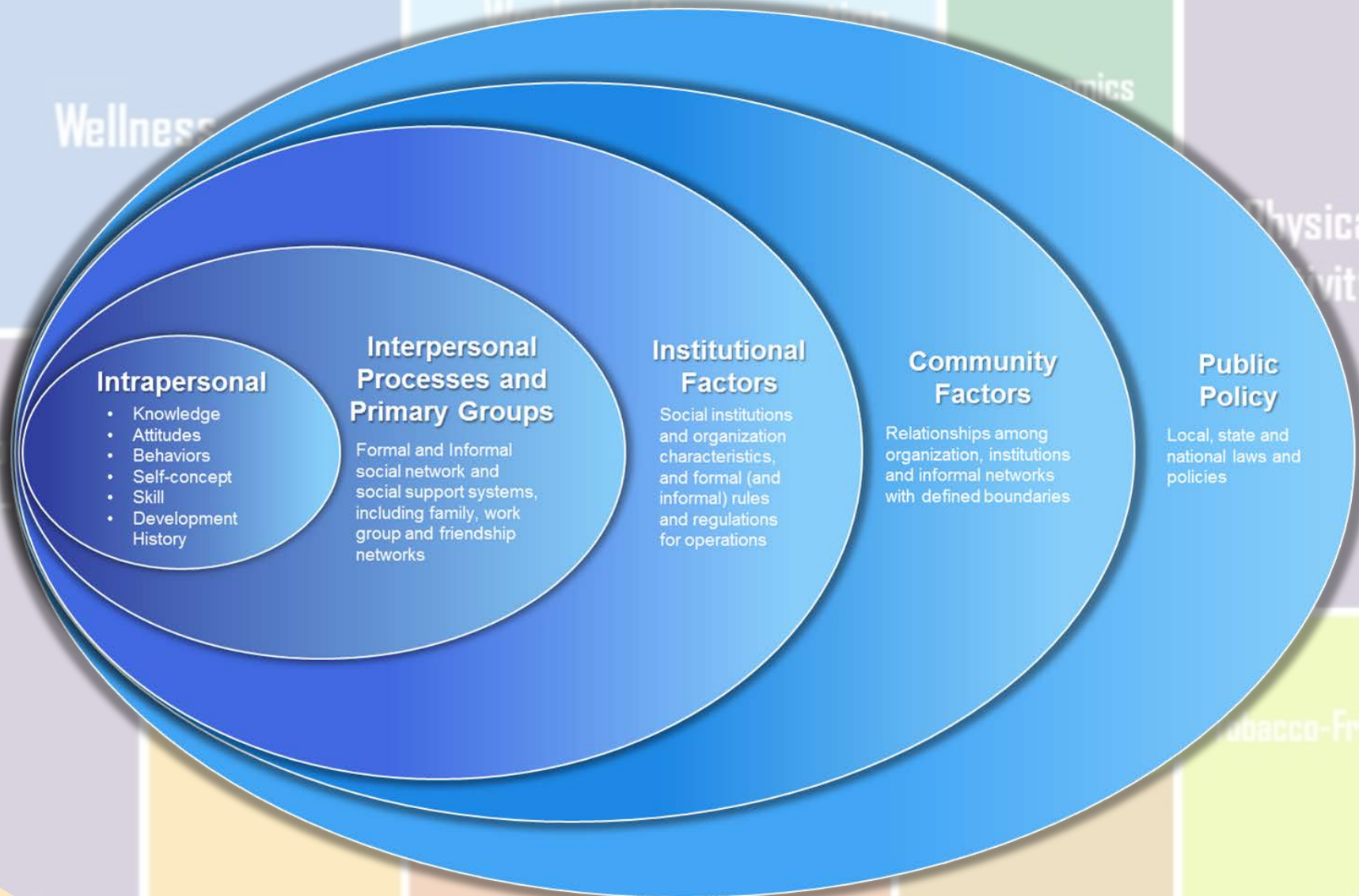


# Ecological Model

- > Focuses on both population-level and individual-level determinants of health and interventions
- > Health is determined by influences at multiple levels:
  - Public Policy
  - Community
  - Institutional
  - Interpersonal
  - Interpersonal factors







# What Does a Healthy Culture Looks Like?

- > Strategic plan/vision for health and well-being
- > Communication from leadership that health is a priority
- > Health incorporated into leadership training for employees and students
- > Goals focused on support for well-being and creating a healthy culture and work/learning environment
- > Healthy building design

- > Communications/branding strategy
- > Smoke / tobacco free policy
- > Work collaboratively with Dining to create a consistent message around healthy eating
- > Lactation accommodations
- > Relaxation/Meditation spaces
- > Physical activity opportunities:
  - Walking groups
  - Gym
  - Bike racks
  - Stairwell use encouraged
  - Marked walking paths



# What a Healthy Culture Looks Like

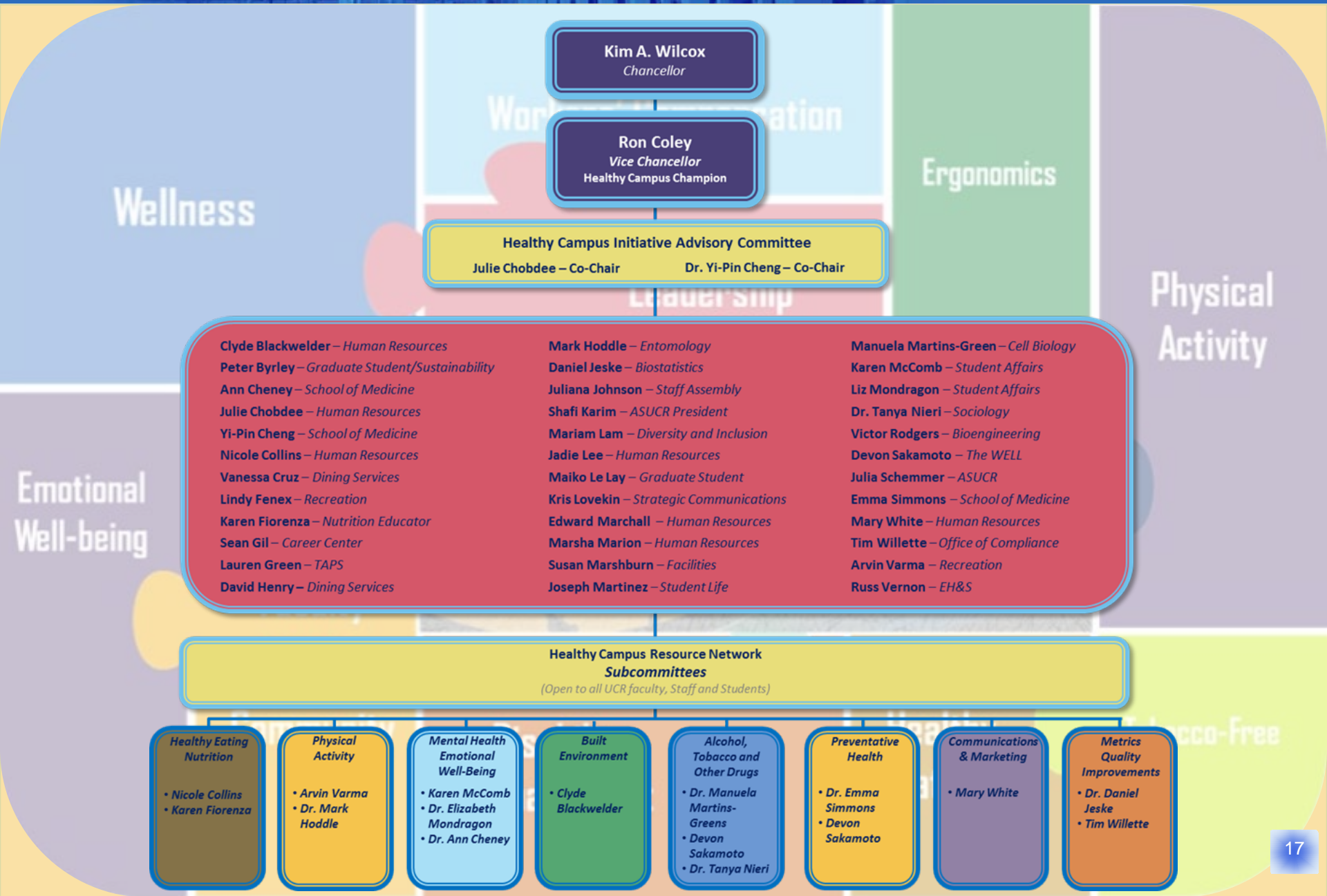
Workers' Compensation



UCR is Now Tobacco-Free



# UCR Healthy Campus Initiative Structure



# Advisory Committee

A cross functional committee consisting of faculty, staff and students will be formed to:

- > Provide valuable perspective and collaboration
- > Facilitate and ensure culture change
- > Develop an action plan
- > Lead implementation of plan



- > **Clyde Blackwelder** – *Human Resources*
- > **Peter Byrley** – *Graduate Student/Sustainability*
- > **Ann Cheney** – *School of Medicine*
- > **Julie Chobdee** – *Human Resources*
- > **Yi-Pin Cheng** – *School of Medicine*
- > **Nicole Collins** – *Human Resources*
- > **Vanessa Cruz** – *Dining Services*
- > **Lindy Fenex** – *Recreation*
- > **Karen Fiorenza** – *Nutrition Educator*
- > **Sean Gil** – *Career Center*
- > **Lauren Green** – *TAPS*
- > **David Henry** – *Dining Services*
- > **Mark Hoddle** – *Entomology*
- > **Daniel Jeske** – *Biostatistics*
- > **Juliana Johnson** – *Staff Assembly*
- > **Shafi Karim** – *ASUCR President*
- > **Mariam Lam** – *Diversity and Inclusion*
- > **Jadie Lee** – *Human Resources*
- > **Maiko Le Lay** – *Graduate Student*
- > **Kris Lovekin** – *Strategic Communications*
- > **Edward Marchall** – *Human Resources*
- > **Marsha Marion** – *Human Resources*
- > **Susan Marshburn** – *Facilities*
- > **Joseph Martinez** – *Student Life*
- > **Manuela Martins-Green** – *Cell Biology*
- > **Karen McComb** – *Student Affairs*
- > **Liz Mondragon** – *Student Affairs*
- > **Dr. Tanya Nieri** – *Sociology*
- > **Victor Rodgers** – *Bioengineering*
- > **Devon Sakamoto** – *The WELL*
- > **Julia Schemmer** – *ASUCR*
- > **Emma Simmons** – *School of Medicine*
- > **Mary White** – *Human Resources*
- > **Tim Willette** – *Office of Compliance*
- > **Arvin Varma** – *Recreation*
- > **Russ Vernon** – *EH&S*



# HCI Implementation Steps

- > HCI Proposal
- > Action Plan
- > Identification of Champion and Co-Chairs
- > Benchmark with 12 other Universities
- > Formed Advisory Committee
- > 1:1 Meetings with each Advisory Committee member
- > Kick off Meeting (September 2016)
- > Campus wide communication from Champion



# HCI Implementation Steps cont.

- > Strategic Planning
- > Communications Plan
- > Subcommittees formed with fac/staff co-lead and volunteer members
- > Roadshows
- > Needs Assessment (Asset Mapping)
  - Data sources: health plans (Kaiser), CDC Worksite Score Card, Campus Wide survey, Focus Groups, Member Well-Being Snapshot from UCOP, ACHA survey (students)
- > Priority Areas:
  - > Goals and Objectives
  - > Strategies
  - > Metrics
  - > Timeline

# End Goal

To achieve a healthy campus environment and culture in which to live, learn, work and play

Workers' Compensation

Ergonomics

Wellness

Leadership

Physical Activity

UCR Healthy Campus Initiative

Emotional Well-being

Students  
Faculty  
Staff  
Community

Disability Management

Healthy Eating

Tobacco-Free



# UC Healthy Campus Network

- > To make UC the healthiest place to work, learn and live for students, staff and faculty
- > To maximize the UC Global Food Initiative's value and further UC's mission of teaching, research, and service

## Aims to:

- > Transform the health and wellbeing of UC by infusing health into everyday operations, business practices and academic mandates
- > Influence the social norms so that the culture, environment and living well become integral to academic success at UC
- > Leverage lessons, tools, information and networks created from the work of the Global Food Initiative

# What's Next (6 months)?

- > Obtain start up funding from UCOP
- > Finalize and submit UCR's Short and Long Term Goals and Metrics and Strategies for 8 Subcommittees and finalize plans no later than September 1, 2017
- > Finalize and submit budgetary needs no later than September 1, 2017.
- > Communicate plan to campus
- > Implement Plan
- > Promote HCI through various communications to continue campus engagement during summer months
- > UCOP HCN provides funds (Phase 2) to UCR HCI (Upon receipt of campus plans)

## UCR Recognition 2016 Fit-Friendly Worksite Platinum Achievement and Worksite Innovation Award

- > The American Heart Association's Fit-Friendly Worksite program recognizes employers which champion the health of their employees and work to create a culture of health in the workplace
- > This recognition demonstrates UCR's efforts and leadership in making wellness a priority through its role as a catalyst for change, improving health, and serving as an integral partner to institutionalize health and well-being within the UCR community





# Workplace Health & Wellness

“

*UCR is committed to a campus culture that promotes wellness through healthy lifestyles that enhance the quality of life for our faculty, staff and students.”*

*Kim A. Wilcox, Chancellor*





# Workplace Health & Wellness



Physical Activity

Tobacco-Free

Eating

Disability Management

Ergonomics

Workers' Compensation

Wellness

Emotional Well-being

## Contact

Julie Chobdee, MPH  
Wellness Program Coordinator  
[Julie.chobdee@ucr.edu](mailto:Julie.chobdee@ucr.edu)  
(951) 827-1488

Workers' Compensation

Ergonomics

Physical Activity

UCR Healthy Campus Initiative

Emotional Well-being

Students  
Faculty  
Staff  
Community

Disability Management

Healthy Eating

Tobacco-Free